

PERS 5 A Day Challenge



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PERS Wellness Forum
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EAT 5^{to} 9 A DAY
for better health



Eating more of these...





Leads to less:

High blood pressure

Heart disease

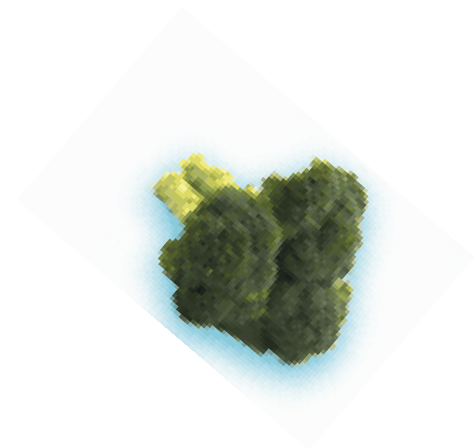
Stroke

Diabetes

Cancer



How are North Dakotans doing?



Adults



- **22%** of North Dakota adults report eating 5 servings of fruits and vegetables a day, or **78%** eat less than 5 servings a day...

- (2003 BRFs)



Youth

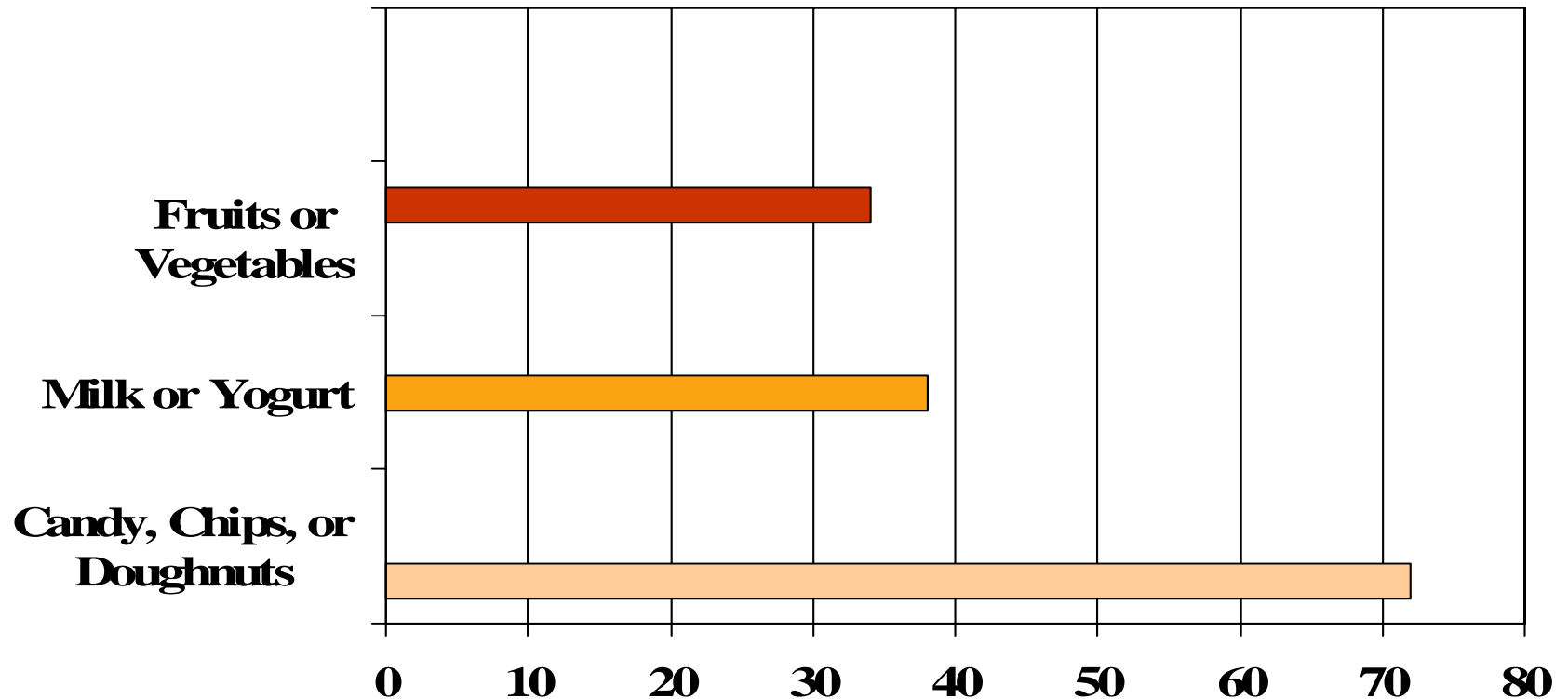


- **11%** of North Dakota youth report eating 5 servings of fruits and vegetables a day.

- (2005 YRBS)



Yes, our worksite offers...



**If working North Dakotans don't have
access to fruits and vegetables on the
job,**

you'll need to eat

1-2 servings

every waking hour

after work to get in

5-9 servings a day!!



PERS 5 A Day Challenge





What is the 5 A Day Challenge?

- **One part of a comprehensive wellness program**
- **Motivates people to increase daily servings of fruits and vegetables**
- **Provides tools help achieve the goal**
- **Encourages change in the environment**



*“Being healthy is about
personal responsibility”*

- Worksite wellness programs create environments that support each of us to be able to make healthy choices.



Environment

- Candy bowl or fruit bowl?
- Sitting meetings or walking meetings?
- Coffee break or nutrition break?
- Sweet rolls or vegetable tray?
- Pot“luck” or potluck with a plan?



We need all three to change behavior :

- Awareness-knowledge
- Skill building
- Policy and environmental conditions



What does the program provide?

- **Information for agency coordinators housed at a website hosted by NDSU Extension Service**



PERS 5 A Day Challenge

Participant Surveys

[Pre-survey](#)

Complete this survey at the request of your site coordinator, after your worksite has received final approval from PERS.

[Post-survey](#)

Complete this on-line survey at the end of the project.

Links

Information for Worksite Coordinator

Sponsors

Contact Us

 North Dakota Department of Health





PERS 5 A Day Challenge

Information for Worksite Coordinator

[PERS Post Survey](#) (MS Word File)

[Coordinator Instructions](#) (177Kb PDF file)

[Nutrition Professionals](#) (201Kb PDF file)

[Participant Information](#) (243Kb PDF file)

[Pre-Survey](#) (printable copy) (167Kb PDF file)

[Post-Survey](#) (printable copy)

[Healthy Food Ideas for Meetings](#)

[Promotional Poster](#) (188Kb PDF file)

[Promotional Ideas](#) (117 PDF file)

[Novelty Items](#) (160 PDF file)

[Email Messages](#) (81KB MS Word Document)

[PERS Wrap Up Session](#)

What does the program provide?

- **Information packet**
 - **Goal-setting information**
 - **Fruit and vegetable information**
 - **Tips and tools**





What does the program provide?

- **Two on-site educational sessions by a public health nutritionist or extension professional**
 - **Kick-off session with tasty samples**
 - **Discussion of ways to change the worksite environment**

What does the program provide?

Results!

- Over 250 participants; 1/4 completed pre-/post-survey
- **91% of participants are trying to eat at least 5 servings of fruits and vegetables daily**
(compared to 59% before participating in the program)

What does the program provide?

Results!

- Over 250 participants; 1/4 completed pre-/post-survey
- **Two-thirds of participants are “very likely” to participate in another worksite wellness program**



What does the program provide?

- **Agencies may apply for wellness benefit funds provided by PERS for 100% of costs up to \$500 and 75% of costs over \$500 in a fiscal year to cover the costs of providing the PERS 5 A Day Challenge**



To apply:

- Request application for funding by e-mail at ndpers-info@state.nd.us



For more information:

- Check out the website at <http://www.ag.ndsu.edu/pers/>



EMILY EHRENS AGE 6